

Full Report (All Nutrients) 01093, Milk, dry, nonfat, calcium reduced

Report Date: December 09, 2015 14:10 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 oz 28.35g	0.25 lb 113g
Proximates						
Water	g	4.90	1	--	1.39	5.54
Energy	kcal	354	--	--	100	400
Energy	kJ	1480	--	--	420	1672
Protein	g	35.50	1	--	10.06	40.12
Total lipid (fat)	g	0.20	1	--	0.06	0.23
Ash	g	7.60	1	--	2.15	8.59
Carbohydrate, by difference	g	51.80	--	--	14.69	58.53
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	280	1	--	79	316
Iron, Fe	mg	0.32	--	--	0.09	0.36
Magnesium, Mg	mg	60	1	--	17	68
Phosphorus, P	mg	1011	1	--	287	1142
Potassium, K	mg	680	1	--	193	768
Sodium, Na	mg	2280	1	--	646	2576
Zinc, Zn	mg	4.03	--	--	1.14	4.55
Copper, Cu	mg	0.016	--	--	0.005	0.018
Manganese, Mn	mg	0.008	--	--	0.002	0.009
Selenium, Se	µg	27.3	9	2.950	7.7	30.8
Vitamins						
Vitamin C, total ascorbic acid	mg	6.7	--	--	1.9	7.6
Thiamin	mg	0.163	--	--	0.046	0.184
Riboflavin	mg	1.642	--	--	0.466	1.855

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.25 lb 113g
Niacin	mg	0.665	--	--	0.189	0.751
Pantothenic acid	mg	3.312	--	--	0.939	3.743
Vitamin B-6	mg	0.298	--	--	0.084	0.337
Folate, total	μg	50	--	--	14	56
Folic acid	μg	0	--	--	0	0
Folate, food	μg	50	--	--	14	56
Folate, DFE	μg	50	--	--	14	56
Vitamin B-12	μg	3.98	--	--	1.13	4.50
Vitamin A, RAE	μg	2	--	--	1	2
Retinol	μg	1	--	--	0	1
Vitamin A, IU	IU	8	--	--	2	9
Lipids						
Fatty acids, total saturated	g	0.124	--	--	0.035	0.140
4:0	g	0.006	--	--	0.002	0.007
6:0	g	0.004	--	--	0.001	0.005
8:0	g	0.002	--	--	0.001	0.002
10:0	g	0.005	--	--	0.001	0.006
12:0	g	0.006	--	--	0.002	0.007
14:0	g	0.020	--	--	0.006	0.023
16:0	g	0.053	--	--	0.015	0.060
18:0	g	0.024	--	--	0.007	0.027
Fatty acids, total monounsaturated	g	0.058	--	--	0.016	0.066
16:1 undifferentiated	g	0.004	--	--	0.001	0.005
18:1 undifferentiated	g	0.050	--	--	0.014	0.056
Fatty acids, total polyunsaturated	g	0.007	--	--	0.002	0.008
18:2 undifferentiated	g	0.005	--	--	0.001	0.006
18:3 undifferentiated	g	0.003	--	--	0.001	0.003
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	2	--	--	1	2
Amino Acids						
Tryptophan	g	0.501	--	--	0.142	0.566
Threonine	g	1.603	--	--	0.454	1.811
Isoleucine	g	2.148	--	--	0.609	2.427

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.25 lb 113g
Leucine	g	3.478	--	--	0.986	3.930
Lysine	g	2.816	--	--	0.798	3.182
Methionine	g	0.890	--	--	0.252	1.006
Cystine	g	0.328	--	--	0.093	0.371
Phenylalanine	g	1.714	--	--	0.486	1.937
Tyrosine	g	1.714	--	--	0.486	1.937
Valine	g	2.376	--	--	0.674	2.685
Arginine	g	1.285	--	--	0.364	1.452
Histidine	g	0.963	--	--	0.273	1.088
Alanine	g	1.224	--	--	0.347	1.383
Aspartic acid	g	2.693	--	--	0.763	3.043
Glutamic acid	g	7.434	--	--	2.108	8.400
Glycine	g	0.751	--	--	0.213	0.849
Proline	g	3.439	--	--	0.975	3.886
Serine	g	1.931	--	--	0.547	2.182
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0